

Jan 2, 2000

FDA Docket MGT 493 ~~March~~ JAN 31 P238
Rockville, MD

Gentlemen,

I am writing to support
your amendment to the regulations
on food labeling which would
require the amount of trans fat
in foods to be shown in the
"Nutrition Facts" panel on food product
labels. See the enclosed information.
Since trans fats are unhealthy,
the people have right and should
know the amount contained in
the food they buy/eat.

Please put this amendment into
effect. Thank you.



Mr. Allan Humpherys
3771 N 3575 E
Kimberly, ID 83341-2000

Sincerely,
Allan Humpherys

Trans fats are harmful to health in a number of ways. They differ from normal fats because

the fat molecule has been twisted in one or more places from high heat or processing. When these fats get into our cell membranes, they alter the structure of the membrane and the cell's ability to absorb nutrients or get rid of wastes.

Trans fats greatly increase the risk of heart attack, cancer and disordered brain function. They encourage fatty deposits in the arteries, liver and other organs, and make platelets more sticky — increasing the risk of stroke, heart attack and vision loss. Indeed, the Nurses Health Study concluded that the elimination of trans fats from the diet would reduce the risk of heart disease by 53%.

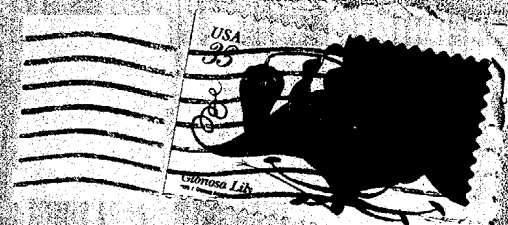
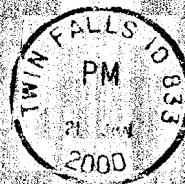
Trans fats are created by frying. So it should come as no surprise that french fries are a significant source of trans fats. They are also found in breads, pastries, cookies, crackers and salad dressings.

Trans fats are currently hidden in food labels under hydrogenated or partially hydrogenated oils, margarine and shortening.

Public awareness is the first step toward eliminating trans fats from our food supply. As it stands, most food manufacturers do not limit the amount of trans fats they produce. However, when they are forced to label them, perhaps there's a chance they'll start reducing them.



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